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Coyote Chronicle

America made their choice

Donald Trump wins the 2016 presidential election

By ISRAEL RAMIREZ

Staff Writer

This years historic election is in the books.

The election saw Trump defeat Clinton by a difference of 58 electoral votes leaving the four-decade New York politician with only 218 votes, and 276 in favor of the New York businessman, Donald Trump.

"I feel betrayed by the nation. Over and over again we're told that racism isn't a thing anymore, that sexism was overcome years ago, and that we're all equal. But, the results show the complete opposite, I feel that the nation embraced Trump's bigotry and in return millions of people of color, women, and immigrants woke up in fear today," said local resident Erika Anaya.

In the past year this election caused a division throughout the nation, seeing supporters choose sides between Clinton and Trump.

Proudly, the nation's citizens drove around and contradicted each other with bumper stickers reading "I'm With Her" and the famous "Make America Great Again".

Many are worried about whether Trump has the ability or experience to be Commander-in-Chief after the not so professional debates and conventions he held throughout his run for the presidency, while others are in full support of the multi-dollar-billionaire business man.

"Trump offers grit. Grit that Hillary did in fact possess but clearly did not know how to channel in the later days of the election," said local resident Jake Stewart.

"He offers blatant and brutal honesty, which is important for this country in countless ways. He also offers jobs, and brings back a sense of economic responsibility to the states," added Stewart.

Although the country may at the moment be divided about the result of the presidential election, the nation was able to come to some agreements, with many

of the major propositions on the ballot.

California has now legalized the use of medical marijuana for ages 21 and over after, Prop. 64 won by a small margin of 12 percent.

"I think it's a good thing, not just because I smoke but because it brings money back into the system. Now people don't have to worry about feeling judged for having a medical card on their medical record. Even greater only adults 21 and over could purchase it," said student Jaime Avila.

Along with prop 64 and 57 also saw an up vote by Californians.

Tuesday's voters winning by the large margin of 64 percent approved prop 57, which allows inmates to get early release from prison for non-violent crimes, and giving corrections officials the power to give inmates early release credits.

Another proposition that sparked controversy throughout the past year was prop 63. It requires heavier background checks when purchasing ammunition and prohibits the use of large capacity magazines.

After speaking to local gun owners here's what one of them had to say.

"I'm all for the proposition, it's pretty solid but personally I think the required background check for ammunition is really pointless. Bullets don't have serial numbers, so no matter who buys it, it's going to be untraceable and it raises the price of ammunition," said a local gun owner Ismael Gomez.

Elections are done, propositions have passed, failed, America prepare yourself for your new President.

On Jan. 20 Donald Trump will take the oath of office and will for the first time shape the oval office chair to his standards as the 45th president of The United States of America.



Photos courtesy of Lucas Jackson / Reuters

Features



Stress workshop

Providing information on how to manage daily stress for a healthier life.

pg. 9

A&E



Album Review

Alicia Keys shares words of wisdom through her powerful songs.

pg. 11

WOMEN DRAFTED AT 18

By **TRICIA KANG**
Staff Writer

Under the Senate defense bill, passed on November 1, women turning 18 on or after January 1, 2018, would be forced to register for Selective Service (SS), as men must do now.

“As a person who believes in equality, if I had to do it too, then I would do it. Having no problem living in the U.S. as we want equal rights we should have equality in both men and women including in the military,” said Betzy Aceves, a CSUSB Cadet Company Commander.

Currently, U.S. law requires most male citizens and immigrants between the ages 18 to 25 to register in the SS system. The failure to register could result in the loss of various forms of federal aid, pell grants, and other penalties.

Because the policy would not apply to women who turned 18 before 2018, it would not affect current aid arrangements.

Congress seek to expand SS requirements to include both genders and nearly opening all combat roles to women.

“As I have two daughters of my own, both in the U.S. Army...this new bill is forcibly sending them off to war. Just because they’re registered, doesn’t mean that they should be enlisted into war,” said Vietnam Veteran, Robert Powell.

The debate over women’s shifting role in the military probably won’t be over anytime soon.

The House of Representatives passed

a version of the military bill, that does not include a requirement for women to register in the draft and the two chambers will need to reconcile the differences before they can pass a unified spending bill.

“The Senate overwhelmingly passed a \$602 billion defense bill Tuesday that included an amendment that would require women to register for the draft also known as the [SS] for the first time in history,” according to CNN Politics.

The amendment extending the draft to women was put into the National Defense Authorization Act, a key piece of military funding legislation, which claim this is a milestone in women’s equality for the military.

“[I am] Having mixed feelings of forcing the next generation of young women that will be involuntary enlisted into [SS].” said student Victoria Padua a Military Service III.

Clinton told The Huffington Post that she insisted that she opposes actually enforcing the draft, “I am on record as supporting the all-volunteer military, which I think at this time does serve our country well..”

While the U.S. Defense Department officials have made clear it has no problem with requiring women to register for the draft, lawmakers in Congress appear bypass the issue in the upcoming battle over the defense policy bill.

The House and Senate negotiators plan to waive the Senate version of the National Defense Authorization Act in supporting of the issues.



Coyote Chronicle

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Blue Lives Matter Law



Erika Aguilar | Chronicle Photo

By **ERIKA AGUILAR**
Staff Writer

In light of recent police shootings, states across the country are pushing for the passing of the ‘Blue Lives Matter’ (BLM) bill.

This bill will increase criminal penalties for crimes committed against officers to provide protection for law enforcement and prevent threats against them.

Police believe they are being victimized by criminals and targeted as a hate group for the fact that they are the authority. The bill could possibly make an effort to reduce that amount by providing protection to officers, especially in states and cities such as San Bernardino, which have a high rate of homicides.

Police would have more protection in regards to their profession with the public knowing that there is a penalty for those who tend to insult and attack them.

“Considering the high homicide rate in San Bernardino if the bill were to be passed, it is possible officers might feel a bit safer knowing things might have changed and make better decisions out in the field lowering homicide rates,” said student Ariano Prieto.

In regards to the bill, Iowa State Rep. Ken Rizer, has introduced a bill in response to the shootings of officers in Dallas and Baton Rouge and now with the death of two Iowa officers, he has the urge to push the bill, according to Guns.com. “I believe the bill won’t really change anything besides having severe consequences to those that target police officers,” said Prieto.

“The real problem is, we as humans need to look out for each other and treat others how we want to be treated, but the world just doesn’t work that way,” added Prieto.

The first state to pass BLM Legislation has been Louisiana which made it a hate crime to target police.

In this state, the law punishes criminals by a penalty

of a five-year prison sentence or a \$5,000 fine for a felony made against the police, according to Time.

In other states including Florida, Kentucky, New York, Texas and Wisconsin have now proposed similar bills such as the ‘Thin Blue Line’ legislation.

“By having an increased consequence to injury of a police officer, it may make people think twice about hurting officers,” stated Javier Tello, an Iowa resident.

“However officers who abuse their authority could use this bill to make false claim of injury against a person they target, be it by race, religion, ethnicity, or just someone who they plainly do not like,” added Tello.

Authorities are now describing the police shootings as ambush-style attacks which have given a recall to the BLM legislation, according to The Washington Post.

States continue to push the ‘Blue Lives Matter’ bill, their goal is to reduce crimes committed against officers who only intent to do their job.

Students, faculty, and community members discuss Syria topics

By **EMILY ANNE ESPINOSA**
Staff Writer

Students, faculty, and community members gathered to discuss the cause, conditions, and motivations behind the Syrian War.

For the panel event, “The Syrian War and U.S. Role in the Region,” two guest speakers engaged in an insightful discussion, speaking with information gathered from individual research, experience, and concluded with a Q&A session with the audience.

The event was hosted by the Center for Islamic and Middle Eastern Studies, the University Diversity Committee, the Communication Studies department, and the Muslim Student Association (MSA).

“The purpose of this event was to acknowledge the students on campus and whoever showed up, acknowledge the

U.S. involvement in Syria, acknowledge the crisis that’s happening there and what could happen,” said MSA Public Relations Officer, Mohammad Salahat.

The panel consisted of two expert panelists and one moderator.

Dr. David Yaghoubian from the History department served as moderator for the event. The two panelists taking part in the event gave either a presentation or a speech. Dr. Ibrahim Al-Marashi, panelist and History Professor at CSU, San Marcos, is known for his publications on modern Iraqi history, presented on the similarities between the Spanish Civil War and the Syrian War, analyzing the similar dynamics found in each war.

In his presentation, Al-Marashi compared the military, government, ideologies, culture, foreign relations, geography, and economics of each civil war. “The comparison is this: they’re both civil wars.

I’m not saying, by no means, that the rebels in Syria equal to the anarchist militias in Barcelona,” said Al-Marashi.

Other panelists were Dr. As’ad AbuKhalil, a professor of Political Science at CSU, Stanislaus, who is known for his publications on the war on terrorism, Islam, and the Middle East.

“My purpose was to participate in the public debate about the U.S. role in Syria particularly as the U.S. election will determine what course U.S. foreign policy will take in the coming years,” said AbuKhalil.

In response to Al-Marashi’s presentation on the Spanish Civil War and it’s similarities to the Syrian War, AbuKhalil discussed differences in motivations, ideologies, and participants between the two civil wars, as well as the role of the U.S. in conflicts in the Middle East.

“With the Syrian rebel scene, we are not talking about dreamers, communists,

or anarchists. We are talking about people who want to put women in prisons,” said AbuKhalil. After the panelists presented their topics, the floor opened into a Q&A discussion with students, faculty, and community members.

During the Q&A, attendees asked questions relating to the differences between the Spanish Civil War and Syrian Civil War, the U.S. role in Middle East conflicts, how to help the Syrian refugees, the role of media, the diversity in ideologies within Islam, the No-Fly Zone, foreign involvement from Russia and China, and the legitimacy of the Syrian government.

“It really helped build a sort of vision of both sides and that’s one of the main reasons why I came to this event, to basically figure out why there are these depictions of one country,” said student Laurence Bituin.

California’s health insurance to see an increase

BY JOSH ADAMSON
Staff Writer

The changes in California’s individual health insurance market will impact Southern California residents and students in 2017.

Premiums for insurance plans sold on Covered California will increase by an average of 13.2 percent next year. San Bernardino and Riverside Counties will have an average premium increase of 10.1 percent.

Students were advised to shop around and consider their options.

“CSUSB students can’t do much about the rate increases [but] aiming for the lowest priced plan and not being afraid of switching plans is one option,” stated Economics Professor, Yasemin Dildar.

The majority of shoppers will be insulated from these increases by federal subsidies that help to finance consumers’ insurance premiums.

Around 90 percent of Inland Empire shoppers have so far received financial assistance to pay for their premiums, according to rate information published by Covered California.

California’s overall 2017 premium increase is lower than the 25 percent increase seen on the federal HealthCare.gov marketplace. Consumers in more than 30 other states use HealthCare.gov to shop for individual coverage.

Financial considerations were clearly on students’ minds.

“As a student, I would take into account what [plan] I can afford based on my monthly income,” stated student Marlen Covarrubias.

Plans’ out-of-pocket costs should be considered as well, according to student Abraham Garcia.

“Students should take into account the type of coverage they want [and] are qualified for,” added Garcia. “They should



Josh Adamson | Chronicle Photos

know what is included and compare different plan networks.”

Both exchanges were created as part of the Affordable Care Act (ACA), also known as Obamacare, which began its fourth open enrollment period on Nov. 1. Enrollment in health plans will continue until Jan. 31, 2017.

The characteristics of California’s marketplace have facilitated comparatively lower premium increases next year.

“California’s health insurance market has more options than most other states,” stated Dildar. “That leads to competition among providers, which keeps prices down. California is also a very large state, which...ensures [there is] a large pool of healthy people who are less costly to insure.”

Markets with fewer insurers are also freer to raise premiums because of reduced competition, added Dildar.

All IE shoppers in 2017 will have at least two insurance companies to select from.

Some consumers may select from as many as five carriers, according to Covered California.

Participating insurers include Anthem,

Blue Shield, Kaiser Permanente, Health Net, and Molina Healthcare.

Dildar noted that specific additions may be made to the law to improve its efficiency.

“Many economists argue there should be one federally funded option in each state, a ‘public option,’ that other companies would have to compete with,” stated Dildar. “Right now we have Medicaid, but households must qualify for that based on their income levels.”

California has expanded Medicaid eligibility in accordance with the ACA.

The state-federal insurance program covers individuals with incomes up to 138 percent of the federal poverty level. It is known as Medi-Cal in California.

Other proposals may be important to students as well.

“[Students] should also consider alternatives that are being debated these days, such as a Medicare-for-all, single payer program which would dramatically cut health care costs for Americans,” added Dildar. “They can think about this issue on election day.”

Health insurance in California will continue to evolve in the years to come.



CCBriefs:

By SAEED VILLANUEVA
Staff Writer

Couple arrested for shooting at a family on Halloween

After a family bumped into their Chevrolet Equinox, a man allegedly shot a single round from a handgun into the family’s car narrowly missing the victims by inches on Oct. 31, according to The Sun.

Surveillance videotape was able to identify the vehicle and trace to two suspects.

Deputies arrested the couple Friday morning Nov. 4 in their San Bernardino home.

Nov. 4

Nov. 7

First woman U.S. Attorney General dies

Janet Reno, the first woman to serve as a U.S. Attorney General died at the age of 78 on Nov. 7. from complications of Parkinson’s disease, according to USA Today.

Serving for eight years, she became the second longest serving Attorney General in U.S. history.

According to USA Today, Former president Clinton called her “an extraordinary public servant who dedicated her life to advancing justice, equality and innovation in criminal justice that would save and lift lives.”

Restaurant catches fire during breakfast time

Wildomar restaurant catches on fire during breakfast Sunday Nov. 6 forcing customers and employees to evacuate.

The fire happened at El Comal Restaurant in the 32400 block of Mission Trail. Firefighters saw flames through the roof of the building and down power lines, according to The Press-Enterprise.

Everybody was safely evacuated and no injuries were reported.

Nov. 6

Nov. 8

Drug Kingpin pleads guilty

A Newport resident said to be running a \$12 million synthetic drug ring pleaded guilty to drug, weapons and money laundering charges Nov. 8, according to the LA Times.

Sean Libbert, 41, ran a ring that created synthetic drugs commonly referred to “spice” or “bath salts” that mimic the effects of weed.

Libbert sentencing is scheduled in March, he has agreed to serve at least six years in prison under a plea deal.

Woman arrested for her ceviche

A California mother was arrested Nov. 7 for selling homemade ceviche through a community page on Facebook.

Mariza Ruelas, from Stockton, could face a year in jail and possible fines, according to the LA Times.

She is being charged with misdemeanor counts of operating a food facility and a business without proper permits in San Joaquin County.

Nov. 7

Nov. 8

McDonald’s sues Florence

McDonald’s sued Florence for blocking one of their restaurants in one of Florence’s most historic plazas.

The chain was rejected back in June by Florence’s mayor but McDonald’s modified its proposal to fit with city standards, according to BBC.com.

The fast-food giant claims it has been discriminated against and wants to get back the \$19.7 million it estimates it will lose over the next 18 years.

Get college students to the Greek

By KATHLEEN RAMIREZ
Staff Writer

Drinking, partying, getting into trouble are all things that come to mind when considering the Greek life, but these narrow minded views are missing the bigger picture.

There are over 150 variety of clubs and organizations to choose from here on campus, something to suit everyone.

There are many benefits that come with joining a sorority like Alpha Delta Pi, for example, or fraternity like Sigma Nu, such as expanding your social life, attending parties, living in campus housing or gaining post college networking connections. I use to think of those in the Greek life as party animals or troublemakers, but not anymore.

“I wanted to join for the sense of belonging and involvement, sororities and fraternities all have philanthropies, for example breast cancer awareness or St. Jude Children’s Hospital,” said student Hannah Centner.

“I wanted to do something that made a difference and it is also a very familiar thing, you get a big bro or sis,” added Centner.

I personally feel that being a part of something that makes a difference everyday builds character and I would be proud to be associated with such a group.

There is an initiation fee to join the Greek life and it can range anywhere from \$700-\$1000 depending on which club you join.

Some worry about not being able to afford this, but most of the sororities and fraternities here on campus work with you, allowing you to do a monthly contingency plan.

It is important for students to get the full college experience, and what better way to do so than being a part of a group that instills leadership and philanthropy.

“I was in Sigma Nu at

CSUSB and have so many great memories with the friends I made there,” said student alumnus Peter Evans.

“I am still very close with my frat brothers and work with two of them who are my closest friends,” added Evans.

I have always been curious about what it would be like to pledge and have such a strong support group to turn to whenever I need a helping hand. “I remember when I graduated from high school, I was so excited to go to college and join a fraternity,” said student Allen Dominguez.

“But once the quarter started I became so busy with school work I didn’t have any spare time to really participate, it is something I regret and still think about doing,” added Dominguez.

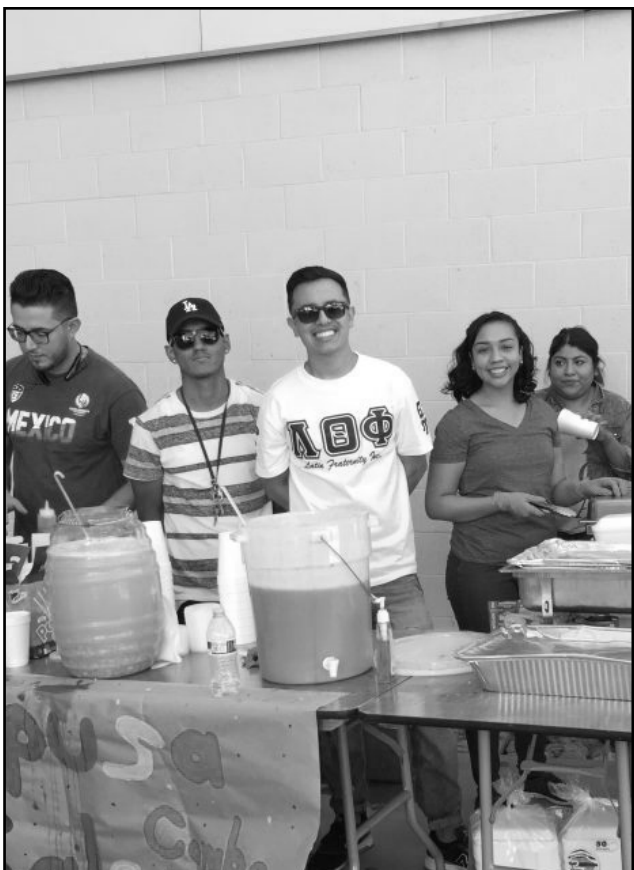
One common misconception of being in a sorority or fraternity is that it may be a distraction from your school work, but nowadays, I think it is over exaggerated and the Greek life has a lot to offer college students.

The advantages of learning how to social network will be a great skill to have later down the road and you will make friends that you will have for life.

The Greek life can make a student a better person through leadership experiences, taking part in community outreach programs, and help them to become more sociable, according to USA Today.

In my opinion, I know how hard it can be to break out of your comfort zone, I tend to be a little shy myself so I think it is necessary to have opportunities for students to become socially cultured.

I strongly believe that investing your time in the Greek life can be one of the best decisions an undergraduate can make — as the Greek community becomes a home away from home.



Raul Muro sells pupusas with his fraternity brothers in Lambda Theta Phi

“I wanted to join for the sense of belonging and involvement”

Hannah Centner

Student



Hannah Centner and Yamilette Rullan snap a photo at a Zeta event at CSUSB

Till swiping left do us part

By **GERALDINE CARRILLO**
Staff Writer

We swipe right if the person is attractive. Later, a conversation strikes by an instant message notification with a goal - a one night stand, or a long term relationship.

The way we communicate with others has not only changed our way of living, but also our way of loving.

Is it courtship, love or just simply sex?

Finding the right person for the right reason is what makes these dating sites and apps a bit foggy and misleading.

"I have used a couple of dating sites maybe twice or three times, I don't go on there to find love, I honestly just go to have a good night or hook up," said student Jose Arellano.

Although some people do think that dating apps are strictly for a "good night" or a "hook-up," most can have a different

view on things.

Courtship is something that I believe can be a result in dating apps when only using the right app.

A dating website like Match.com focuses more on the actual person and what that person is looking for in regards to a relationship.

According to Dictionary.com, courtship is a period in which a couple develops a romantic relationship, especially with a view to marriage.

"I think it depends a lot on the app you are using," stated student Gladys Delgado.

According to a study by Catalina, Jeffery, and Nicole from Sage Journals, because users instinctively react to photographs, they are choosing dates or matches based on sexual attraction and airbrushed beauty. Users will misrepresent themselves on his or her online profile.

"...if you're using tinder then you're

looking for a one night stand because of the pictures, but if your using something like Match.com then your looking for something more serious based on the persons profile," continued Delgado.

Not only are dating apps creating a different way on how people view relationships or courtship, dating apps are also changing the way in which people view sex.

Sex has become more casual than ever. It is apps like Tinder, OkCupid, and Grindr that make it easier, allowing people to scroll and view potential one night stands around the user in a matter of seconds.

Where as years back before these dating apps existed, people would get in touch by other forms of communication at a slower rate making it a lot tougher for sex to become "casual."

"I met a girl on Tinder once, and yeah it (sex) was pretty casual. We knew we

didn't want anything out of it because I mean, if she really wanted to get to know me she wouldn't have been on that app in the first place," stated student Bryan Guzman.

I believe this (the apps) distinguishes between a "one-night-stand" app and a "serious-relationship" app.

So what is the outcome of these dating apps? "Only one-third of people who have used online dating have never actually gone on a date with someone they met on these sites, and only 5% of Americans who are in a marriage or committed relationship say they met their significant other online," according to the Pew Research Center.

Whether we are looking for singles to have fun or marry, it is important to understand that dating apps can be misconstrued by users resulting in deception for long term relationships.



Degree in sports is not beneficial

By **ALEXANDER DOUGLAS**
Asst. News Editor

In today's world, most professional athletes do not go to college or earn their degrees.

Some say that there should be degrees specifically for sports such as The New York Times.

"I do think that there should be a sports degree that although emphasizes more sports related areas also has the same basic general education requirements in the early years," stated baseball player Jordan Simon.

"I believe so because I think many athletes will do something in sports when their playing days are over and that degree would prepare them for that," added Simon.

To me, that is an idea that is not worth it for most athletes in the long run.

Most players do not even play professionally for more than a few years.

According to USA Today, the average amount of years of play time in the NFL is only 3.5 years, MLB at 5.6 years, NBA at 4.8 years, 5.5 years in the NHL, and only 3.2 years in MLS.

On top of that, there is less than a two percent chance of making it to the pros according to USA Today.

These are extremely low averages considering getting a bachelor degree takes about four years.

This would be a high risk gamble to make it to the pros and could potentially be a waste of an education.

At the same time it could be a potential loss of time, a degree in sports would limit the amount of information the athletes would learn.

While college athletes at school, they also get an education in something else.

"Some are professional and if they have the talent they should get it. It would be better for their future," said Lesly Sanchez-Boo

If they were allowed to get a degree specifically in sports this would limit what they could do with their degree.

A person with a sport's management degree would only be taught how to manage a sport's team whereas getting a business management degree would open up many possibilities if they could not get into sports.

While focusing solely on sports, offering a sports degree would also make it so that schools give more money towards sports even though colleges have increased funding on colleges.

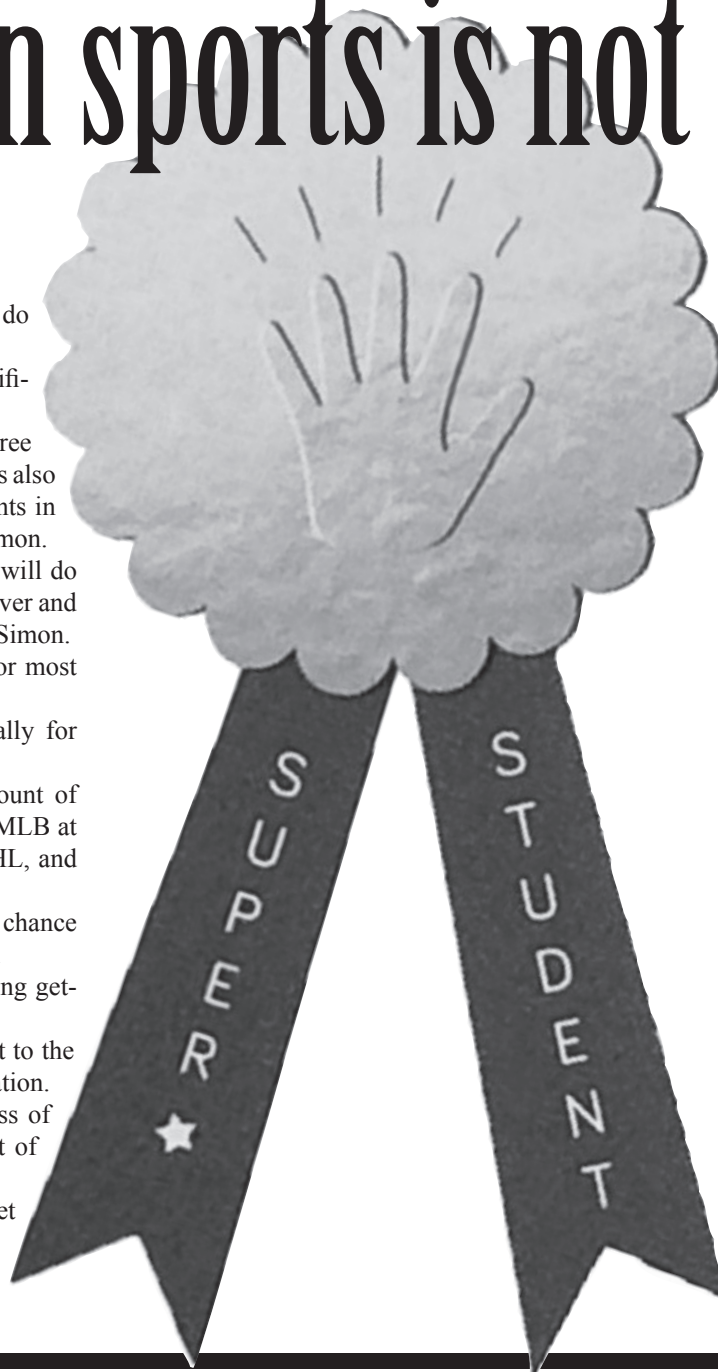
According to the American Association of University Professors, spending on academics has decreased or remained the same while most colleges are increasing their spending on sports.

If we were to offer sports degrees, the spending would go even further because now they would have their own department rather than individual teams.

When you take away money from departments that are already getting cutbacks, would that not be contradictory to the entire academic process?

Universities would shift focus to something that benefits people for only a few short years of play time instead of offering degrees that would last many years in an array academic areas.

People go to college to get degrees that would be beneficial to them in some way, but when you have a major that would be so concentrated in one area such as sports then you lose out on a major opportunity to broaden your horizon.



Eureka! A burger joint

By SHAMCE AHMAD
Staff Writer

Eureka Burger, an establishment located in downtown Redlands, brings new avenues to freshly made burgers at affordable prices for college students who want a little more than just McDonalds.

The restaurant is known for their expertise in both craft burgers and beers. Their menu also carries a myriad of other dishes ranging from fresh appetizers to mouth-watering entrees and desserts.

The eatery has a certain buzz in the air that gives it quite a unique environment that is embraced by the employees in a welcoming and family-friendly way.

Eureka Burger has been in business for six years, starting up in 2009. It takes it’s name from the dominant street that it is located on, though ironically the actual address is labeled as Pearl Street.

“It’s been one of my favorite places to eat for years,” said loyal customer Matt Monreal. He has been going to Eureka Burger with his family for almost as long as they’ve been around.

The service provided by the restaurant’s servers was “prompt and friendly,” according to Monreal. I also thought this way, as they were always there to attend to us.

“I ordered the cowboy burger and it was fantastic,” said Monreal. “There needed to be more fries though, because they were great.”

I myself ordered their Chicken Tacos, which had smoked chicken and Monterey jack

cheese topped with slivered avocados and chipotle sauce.

The price range at the restaurant wasn’t bad, ranging from the \$11 to \$30 according to their online menu and Yelp. I found it comparable to Red Robin in price, but with better ingredients and quality.

The employees at Eureka seem to enjoy their time working together, and had only great things to say about being there.

“The best part about this place is the people who I work with,” said Austin Brooks, an employee at Eureka for around three and a half years.

According to Brooks, the restaurant stays pretty busy, but peaks on the weekends.

“Usually on any given day, we have a pretty busy 1 p.m. lunch hour, which then dies off and then picks back up after 5 right at happy hour,” said Brooks.

Brooks continued “Friday nights and Sunday afternoons are usually our busiest times of the week.”

If Brooks had to pick one meal to suggest to customers, “it would definitely be the fig burger, because of how unique and tasty it is.”

Strong opinions coming from a seasoned Eureka employee.

Business has been booming for Eureka, and they are expanding at a rapid pace across the country.

New Eureka locations can be found in Idaho, Washington and Texas, with two restaurants a piece, according to Brooks.

Eureka Burger is a great place for family and friends alike to enjoy anything from table dinners to at-the-bar eats all week long.

The Family Taco Shop

By HAIRUO YI
Staff Writer

Juanito’s Tacos, located in Highland, is a family owned restaurant which has been attracting people’s attention with its special flavors of their homemade sauces.

Kimberlyn Cruz, restaurant server, talks about her family-owned restaurant, where all the food is cooked by her mother with a homemade style.

“First it started with my family and I, then we later grew causing us to get a little bit more help with family members outside the inner group,” said Kimberlyn.

The restaurant had been open for seven years, but before that they used to sell street tacos from their home.

“A year before we opened, we used to sell tacos from our house, street tacos. We used to do that, and that was nine years ago,” said Kimberlyn.

Now there are many customers that come everyday, but son, Juan Cruz said it was really hard in the beginning.

“First it was a rough start. Even though we only had two or three customers in the beginning, my parents never gave up,” said Juan.

The restaurant’s menu has changed over time. Now they try to have a larger assortment of flavors on their food and

also with their homemade sauce.

Kimberlyn said some special sauces are brought from Mexico by her parents.

“Our hot sauce is different. A lot of our customers say our hot sauce is different while also having loads of flavor,” continues Juan.

Some customers think the red sauce is too hot for them, but there are other options!

“For us, the green sauce is our hot sauce and our red sauce is the mild sauce. Other establishments have their sauces backwards, compared to us,” continued Juan.

For instance, an alternative choice is the avocado sauce which is very popular for customers, who don’t like spicy food.

“The hot sauce is too hot for me, but I like the avocado sauce here. The flavor is different and it tastes really fresh,” said customer, Leeann Tuan.

Juan emphasized customer service is a the main focus of this restaurant.

“We try our best to have great customer service, to make sure they feel welcome and make sure they feel comfortable,” said Juan.

Most of the food on the menu is under \$10, so it’s fairly affordable for college students.

The tacos range from \$1.75 to \$3 and

the burritos from \$6.99 to \$8.25.

“You get beans, rice and your choice of meat and cheese in the burrito and you can add more stuff if you want. We have the Macho Burrito, which has everything in it and it is double wrap,” said Kimberlyn.

Juanito’s Tacos staple is Mexican food, but they also serve food for different types of customers.

“We also have American food, like hamburgers. For children, we have a cheeseburger and corn dog for them as well,” said Kimberly.

There are a lot of customers that come here time after time because they like the flavors this restaurant has to offer.

“This place I think is amazing. I love their sweet onion and avocado and their meat is perfect...some other places make food really salty but not here. Every bite is savoring ,” said Tuan.

Juanito’s Tacos is located at 7750 Palm Ave., Highland, California 92326 and they are open from 10 a.m. to 9 p.m. Monday to Thursday, 10 a.m. to 10 p.m. Friday to Saturday and 10 a.m. to 8 p.m. Sunday.

Juanito’s is just the right spot for those individuals whom thrive for the taste of authentic Mexican food, while keeping affordable prices.



Hairuo Yi | Chronicle Photo

School of hard knocks

By **TOMMY MCCRADLE**
Staff writer

Performing at WrestleMania is the dream for many professional wrestlers, but everybody needs to build a foundation for their dreams first.

For 28 years Jesse Hernandez has been teaching pride, honor, and respect to professional wrestling students in San Bernardino.

Hernandez, owner of School of Hard Knocks, began his career in professional wrestling in 1979 while training under The Great Goliath, a multi title winning wrestling champion from 1967 to 1982.

After Vince McMahon, owner of World Wrestling Entertainment (WWE), had taken over control of the wrestling territory in Southern California from Mike Labelle in 1982, Hernandez stayed on as an agent.

When WWE's tour would travel to San Bernardino, it was Hernandez's responsibility to ensure local talent was to be booked on events.

Eventually Hernandez branched out on his own, opening the School of Hard Knocks.

"The name came to us after CNN had done a piece about our school," said Hernandez.

In 1992 CNN concluded their clip by calling it the School of Hard Knocks, after the LA Times had referred to it as the School of Fake Knocks.

Hernandez also spent time working for WWE as a referee through the 80s end then left around 1997.

He then co-founded the Empire Wrestling Federation (EWf) with Bill Anderson in 1996, until 1999 in which Hernandez became the sole owner since Anderson left the organization.

EWf is a wrestling promotion that primarily showcases the students that are ready to perform in front of a live crowd.

"The EWf is a platform for my students to gain experience with a crowd in hopes they can move on to bigger promotions," said Hernandez.

Notable names that have come out of the school include former WWE Women's Champion Melina, Frankie Kazarian, Kia "Awesome Kong" Stevens, Rico Constantino and Rocky Romero.

Hernandez was the recipient of The Golden Ear award in 2014 by the Cauliflower Alley Club, a non-profit organization comprised of retired and active pro wrestlers and boxers in North America.

CSUSB Alumni Adam Ghossein is set to officially debut for the EWf at the end of 2016 as a ring announcer.

This will be Ghossein's first active role with the organization.

Andy Brown started training in August of 2011 and has quickly climbed to the top of the EWf.

Brown made his debut in September of 2012 in a match against Mondo Vega.

As of 2016, Brown is a former EWf Tag Team Champion, EWf American Champion, and has currently been EWf World Champion since May 6, 2016.

Students feel that they have learned many values that can be applied to their careers and lives.

"Our slogan of 'Pride, Honor, and Respect' is more than a slogan," said Brown.

He explained that the teachings from



Jesse Hernandez, owner and promoter of the School of Hard Knocks, sits comfortable on his own unofficial throne.

Hernandez teaches about taking pride in what you do, honoring the people who came before you and respecting the traditions of professional wrestling.

Jacob Tarasso has been training under Hernandez since 2009.

"It took me two years of training before I felt I was ready for my first match," said Tarasso.

Recently the School and the EWf launched their Hall of Fame.

First inductees were Melina Perez, Frankie Kazarian, and the first EWf World Champion Bobby Bradley.

All three inductees appeared at the EWf's 20th Anniversary Extravaganza on May 6, in West Covina.

From wrestlers to referees and even to announcers, the School of Hard Knocks is open to anybody seeking an education in professional wrestling.



The scoop slam, an into-level technique taught at the school

"The students dream of joining the World Wrestling Federation and earning the big bucks. Meanwhile, they pummel and pound, slam and somersault their way to fame."

Rob Sullivan, LA Times Editor



Tommy Mcradle | Chronicle Photo



UPCOMING EVENTS

Sat. Nov. 26. 7 p.m.

VFW Post 8737

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San Bernardino

Fri. Dec. 2. 8 p.m.

EWf Arena at KoC Hall

"Jingle Slam"

Toy Drive event

4315 North Vincent Ave

Covina

Sat. Dec. 3. 4 p.m.

Frisbie Middle School

1442 N Eucalyptus Ave

Rialto

Anxiety workshop benefiting for ridding of stress

Overcoming Anxiety — a workshop with specific instructions, including, managing daily stress and learning relaxation techniques for a healthier life, took place on campus.

By **SEUNGKYUNG BAEK**

Staff Writer

When people think negative thoughts or ideas, it leads to a chain of stress and anxiety issues. Then they choose to procrastinate to avoid anxiety.

The workshop provided information for students to properly behave and take control of their minds. Students had the opportunity to learn a great deal of helpful information and ways to manage anxiety in the workshop.

“This was a thrive workshop to help students how to manage and handle many anxieties,” said Shane Calhoun, Psychologist Doctor, counselor in counseling & psychological service.

“It generally helped college students with some issues that are common with anxiety,” continued Calhoun.

The workshop discussed the importance of having inner peace, the different levels of stress and how they differ, how students control their behavior and how to relax both their body and mind.

“The main goal of this ‘overcoming anxiety’ workshop was to help people with managing their stress better while accept the things that they cannot control,” said Calhoun.

The workshop started with three of basic significant points: having control of what we have the authority to change, the importance of accepting what we cannot control and developing

awareness of ones own actions.

“I suggested that students have to focus their energy in solving problems and manage precisely what they can control,” continued Calhoun.

The stress management exercises given are easy, if the participant is willing to follow the correct steps.

For instance a process he gave us was; control the area around you, welcome everything, ground yourself in the present, breathe deep and relax the body.

Many college students went through arising anxiety, a term of academic anxiety.

Especially during midterms and final exams, students become nervous and get stressed.

“Stress is one of the biggest obstacles to being a successful student because students get overwhelmed, procrastinate and don’t manage their time well,” said Calhoun.

“Anxiety is one of the biggest factor’s for procrastinating thus causing people give up on studies tasks,” continued Calhoun

Some students expressed their opinions about the advantageous of this workshop.

“It was a very helpful workshop and allowing me to understand the reason for stress and anxiety, how happens and how I can manage it,” said student Krista Dena.

“This event explained practical information to me because I learned about new types of stresses, such as clean stress and dirty stress,” said Hector Navarro, student.

Doctor Calhoun indicated that short term symptoms can be solved in short time whereas long term effect could be a little more serious to get relaxed.

“This workshop was informative and useful since I always procrastinate. It showcased the ways I need to control my own choices for my body and mind,” said Cristian Garcia-Ramirez.

The workshop informed students not only to understand different kinds of stress and anxiety but also emphasized how to manage anxiety with specific ways both of body and mind.

The workshop was held at the Lower Commons, Panorama Room, on Nov. 8, from noon to 1 p.m.





An apple a day won't keep this doctor away

By **NYLLES VERNON**
Staff Writer

Marvel Studios seems to have another box office hit on its hands with the magic spell casting “Doctor Strange”, which is now in theaters nationwide.

The film is the second to be released in Marvel’s Phase Three of its gigantic and ever-growing Cinematic Universe, coming after “Captain America: Civil War.”

The movie stars Benedict Cumberbatch as Doctor Steven Strange, Chiwetel Ejiofor as Karl Mordo, Rachel McAdams as Christine Palmer and Tilda Swinton as the Ancient One.

Dr. Steven Strange is the world’s most brilliant neurosurgeon who goes on a journey to find Kamar-Taj repair the use of his hands

after a near fatal car accident.

During his journey, Strange’s faith and abilities are tested by the Ancient One, who tells him that she can teach him how to use the ways of the mystic arts to heal himself.

As he learns to harness this power, he realizes that he has the opportunity to become the most powerful sorcerer in the world and to do anything to protect it from dark forces.

Marvel is no stranger to CGI, as it is used heavily throughout most of the movie and shows how amazing the detail is put into the action and fight scenes

The film does a great job at fusing the old and new world together, with most of the cast wearing ancient robes and sandals, but still knowing how to use modern day technology.

The use of humor was also a key element that kept this film entertaining, light-hearted and interesting as it progressed.

In one scene during Strange’s first night in Kamar-Taj, Mordo hands him a piece of paper with the word “Shamballa” written on it.

Continued on Pg. 11

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Alicia Keys

Getting gritty and political

By **YENA HONG**
Staff Writer

After four years since her last album release, Alicia Keys is back with her new album “Here” which was released through RCA Records on Nov. 4.

The album “Here” contains 18-tracks with different musical styles like groovy, dancy and slow-jam includes “The Gospel,” “Pawn It All,” “Holy War” and so on.

Throughout the album, Keys showcases her soulful voice that perfectly balanced the different instruments used; acoustic guitar, piano, and drums.

Keys expresses her freedom and openness throughout ‘Here’.

“She Don’t Really Care_1 Luv” is a song described places that contributed to her personal identities.

“She grew up in Brooklyn/ She grew up in Harlem/ She grew up in Bronx/ She know she was a queen,” Keys describes the diverse roots that have provided a life-long grounding with the spectacularly contrasting facets of the New York City.

Through this track, she declares that “life just isn’t fair.” She exposes the inequality in society and expresses her desire for freedom.

“I really liked this new album. I think lyrically, each song is very powerful and real. Especially ‘Holy War’ which I think conveys an important message about love, hate, and equality. The rest of the songs share meaningful messages on life that people will find common ground in,” said Rocio Fuentes.

Fuentes said that the only thing she sees that would be off-putting for some is the feel of the music which is very blues in general compared to her more popular hip-hop hits. But it’s definitely worth a listen.

The track ‘The Gospel’ includes her powerful voice and strong rhythmic drum sounds. There are few melodies so that Keys’s voice stands out in bold relief the song and heard lyrics clearly.

The title song ‘Pawn It All’, a harmony with Alicia Keys’s vocals and rapid drum beats, makes listeners nod.

“The track ‘Pawn It All’ is really attractive to me. The sound of the music is a jazz ballad, so I can imagine myself in the pub with my lover drinking a few drinks. This music makes me think back to my past, on a rainy day with groovy rhythms,” said Yunbeen Kim.

Student Lester Morales said that he thinks it is her most experimental and the best album that she has released thus far.

“The album has many different genres mixed together. I like how she tossed aside her signature piano playing on this album and used guitars and other instruments. I also like how she was more artistic like she didn’t follow the generic pop music formula with a catchy chorus,” continued Morales.

“This album is a well-organized with various tracks. While I was listening to ‘Pawn It All’, all the melodies were so powerful and intense. Especially the hook, I felt it is more special than intro with calm melodies even I couldn’t realize the meaning of lyrics. The melodies were escalating to a higher level. Keys’s ‘Here’ makes me keep all the tracks on my playlists,” said So-hyun Jun.

This single has drawn attention to Jay-Z, Nas, Q-Tip, John Mayer, Pharrell Williams, Emeli Sandé, A\$AP Rocky and Swizz Beatz to take part in working on the album as featured artists.

If you have never listened to Keys, you are truly missing out. If you want to hear her impressive and powerful songs, then you will enjoy listening to her new album “Here.”

“Doctor Strange” proves that anything is possible

Continued from Pg. 10

Strange asks Mordo, “What is this, my mantra?” Mordo replies, “No. The WiFi password. We aren’t savages.”

If you’ve seen the trailers for the film, you might’ve seen that Marvel created a world within our world by having scenery bending and collapsing into each other, resembling a mirror image.

To avoid movie goers this might be reminiscent of a technique that has been borrowed straight from the 2010 film “Inception.”

Introducing the conjuring of magic spells and

combining them with various forms of martial arts was an aspect that made “Doctor Strange” unique to the Marvel Cinematic Universe.

As usual with every Marvel show and film, there are tons of Easter eggs for fans to find.

One of those is with Pink Floyd’s “Intergalactic Overdrive,” which is used for the more spaced themed scenes of the movie.

Even though “Doctor Strange” is a brand new face to the MCU, halfway throughout the movie you can already tell that he will play a much larger role in future Marvel films.

In the near future, “Doctor Strange” will be one

of the links that connects The Avengers with the galactic world in order to fight off the evil villain Thanos, which is why this film is important to the Marvel franchise.

If you’ve been keeping up with the universe that Marvel is creating with “The Avengers,” “Ant-Man” and “Guardians of the Galaxy,” then this film is the perfect way to hold you over until the next Marvel presentation.

With already grossing over \$85 million on opening weekend, “Doctor Strange” proves that with the right amount of magic and faith, anything in this world or the next is possible.

Weaving the cloth of confidence

A persons style and the choice of clothing can reflect or alter a person’s mood, health and overall self confidence.

By VERONICA VICENTE
Staff Writer

Store: Bohoo
Price: \$12



Store: Topshop
Price: \$50



Store: Topman
Price: \$50



Store: House of Fraser
Price: \$50



Store: Zara
Price: \$50



Store: Choies
Price: \$21



Many girls agreed that a dress has the power to completely boost their confidence. It does not need to be a formal dress, a regular everyday dress can still offer the same effect. “A dress is easy to put together. It is instant style without the stress of matching an outfit,” said fashion enthusiast Jasmine Avila. Jasmine expressed that her style is laid-back. She loves to dress in sweats and sneakers, but on days when she wants to feel better about herself, Jasmine reaches for her favorite off the shoulder maroon dress that ensures she will be complimented throughout the day. Aside from a dress, several students agreed that a leather jacket is a non gender exclusive confidence booster. The leather jacket appears to look effortless, and can be thrown on with a dress or pants. “When I wear my Black studded leather jacket on a date I feel cool and edgy. My mood is strong and ready to impress.” said student Casey Smith Smith explained that her style is usually made up of fun prints and statement pieces, so a black embellished leather jacket was definitely right up her alley. Besides clothing, shoes are just as important when choosing an outfit. “I love to purchase unique shoes. I could wear the most simplest outfit, but if I put on a pair of shoes that catch my attention, I immediately feel like I can take over the world.” said shoe enthusiast Arturo Sotullo. Sotullo said his Jordan black Retro 11’s are his favorite shoes to wear when he

wants to feel good about himself. “The Retro 11’s are a splurge, but it transforms my mindset and steps up any outfit.” said Sotullo Along with sneakers, high heels were a popular choice in enhancing a persons mood and ego. “My style is girly and heels literally and physically elevate my look.” said Connie Soto. Soto is convinced that she feels more confident and fashion forward wearing her nude stilettos, with lace that wrap around the bottom of her leg. Although shoes are important, students also hyped up a mid length skirt and believed that it boosted their self esteem when they wore one. Student’s were on the same page, when they decided a skirt of any color was versatile and able to be mix matched with other pieces of clothing in their wardrobe. “If I get up, and I need something to brighten my day, I reach for my Urban Outfitters yellow button up skirt to make me feel better.” said nursing student Amy Trent. Many people were in favor of their favorite jeans having the ability to raise their confidence. Form fitting jeans that accentuate a persons body and affects their posture, which ultimately affects the overall impression they make on a daily basis. “If I’m going out to an event or to school, I wear my black Levi’s skinny jeans with a cute shirt and I’m confident in my casual yet chic outfit.” said Bianca Torres These clothes and accessories are students go to items when dressing to impress, or simply boosting confidence.

Only got twenty dollars in my pocket

By GLADYS OLIVA
Staff Writer

There are quite a few thrift stores in the San Bernardino county and with winter right around the corner students are seeking to put together a trendy outfit for a reasonable price.

Thrift stores are usually filled with books, antiques, furniture and most importantly, clothing that contains several color tones and fashion trends at very low prices.

Thrifting can be fun and bring out your creative side while hunting for an outfit.

“Thrift stores aren’t the only place I shop at but I enjoy going there for fun. I always find stylish and affordable things that I can wear,” said student Lauren Sanchez.

Both Versace and Christian Dior, added fur jackets to their runway while Valentino and Elie Saab brought us fashionable turtlenecks.

Aside from those clothing items, we also saw cozy cardigans and coats from other high-end brands.

Although these items of clothing sound tempting to purchase, most students are not able to afford these high-end brands.

In Deseret Industries, which is located in Fontana, I was able to put a trendy outfit, similar to the vibrant, trending styles; together for only under \$20.

I myself, had a difficult time finding a trendy outfit that was inspired from the runway’s color tones.

As time went by I was able to find the



Gladys Oliva | Chronicle Photo

right outfit which consisted of an over-sized turtle neck sweater that cost \$5.

Since all nude outfits are trending right now, especially for designer, Ralph Lauren. I decided to add a nude pair of cropped pants in addition to the nude turtle neck. The pants had a total cost of \$5 as well.

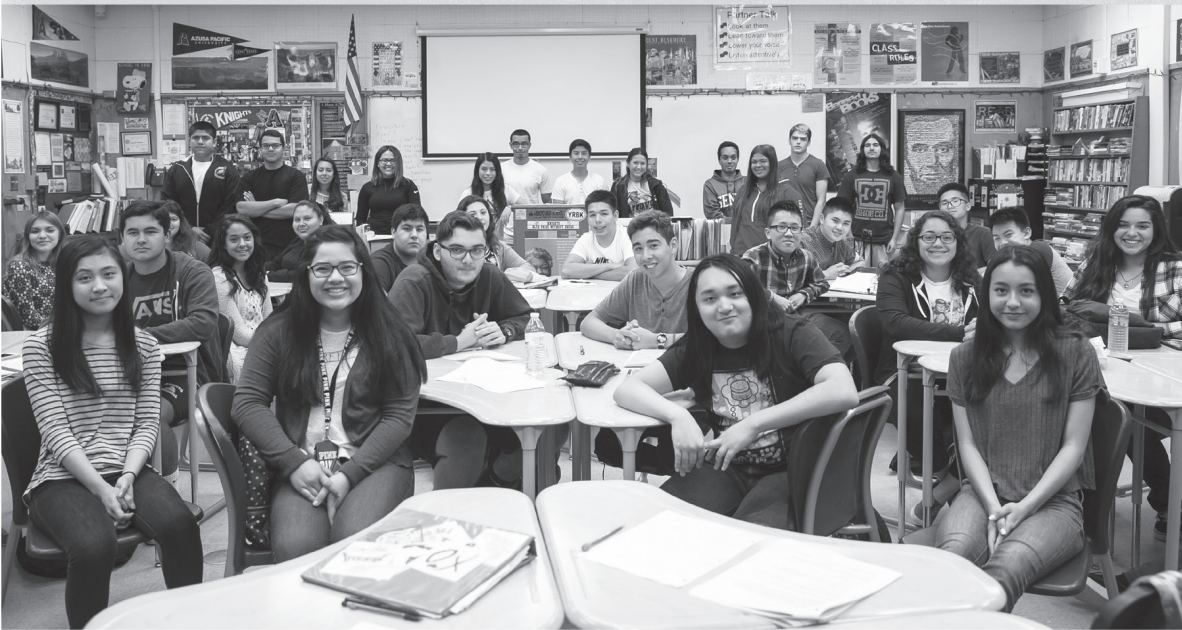
In the end, I topped it off with some nude open toe heels, jewelry, and a cross body bag. Overall, the outfit cost \$10 which was even more affordable than I thought it would be.

A runway look that perhaps would’ve cost over \$1,000 cost \$10 at a thrift store.

I would have to agree with student Sonia Ramirez who stated, “Although you have to search for good pieces of clothing, the feeling in the end is worth it. You get to take a look back and say that you came up with that outfit and the best part of it is that it saves you double the money.”

Teachers See the Possibilities

In Jennifer Swanson’s high school English class, seniors master material that prepares them for college and careers, gaining writing and communication skills that will benefit them throughout their lives.



Arroyo High School, Expository English Class, Teacher: Jennifer Swanson '96, M.A.Ed. '99

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From fantasy basketball to fantasy matchup

By **DIARA FOWLER**
Staff Writer

As the professional basketball season kicks off, many hopeful fans anxiously await, hoping their team making it to the National Basketball Association (NBA) finals this year.

“Even though I grew up in Rancho Cucamonga, I’ve always been a fan of the Golden State Warriors as I have many family members up towards the Bay Area,” said business major Arin Tanji.

The Golden State Warriors began their 2016-2017 season with a 4-1 record. Holding hope and courage from their first four wins, they strive to make it back to the championships again this year.

The Golden State Warriors finished their season in second place last year, making it to the championship game seven against the Cleveland Cavaliers.

Cleveland took the win with a finale score of 93-89.

“I feel like the Heat would give the Warriors a run for their money, even though they lost key players such as Lebron James a few seasons ago,” said Tanji.

“I would still pay to watch them play as they’re an

overall entertaining team to watch,” added Tanji.

The Warriors and Heat have had a number of opportunities to play one another, but Miami seems to fall short every time. Why are you bringing up the Heat.

Just last season the Warriors beat the Heat twice with the first final score being 118-112 and the second time 111-103.

During the 2014-2015 season, the Warriors and Bulls played each other three more times.

The first game the Warriors won with a final score of 104- 89, then again won 114-97 and during their last battle 115-108.

Though the Miami Heat put forth their best effort and players the Warriors have proven they are the stronger team.

In addition to dream game match ups, dream fantasy lineups can get the mind going too.

Given the fact that you are not always guaranteed your favorite or top player while drafting for fantasy teams, makes it that much more intense.

“Derek Rose, Russell Westbrook, James Harden, Carmelo Anthony, and Anthony Davis,” said Donovan Perkins.

“These players have shown and adapted to every possible situation that is presented to them and can continue to overcome them by playing with a passion,” added Perkins.

In addition to his dream fantasy lineup, Perkins also had something to say about his dream game.

“The two teams I enjoy watching would be the Chicago Bulls and the Golden State Warriors,because the Warriors are leading champions and the Bulls because the new lineup is crazy,” said Perkins.

“To see them work together as a team is starting to be beautiful I can’t wait to see how much they will grow,” concluded Perkins.

The history of these two teams battling it out goes back to 1995-1996.

The Bulls first played the Warriors and won with a final score of 110-87 making the bulls record an outstanding 51 wins and 6 loses.

Later the Warriors beat the Bulls 106-94 and then again with a final score of 125-94 bringing the Warriors record to 39 wins and 4 loses.

Many students and hopeful fans look forward to the NBA season, hoping their favorite teams and players make it to the playoffs both on the court and on the computer.



Diara Fowler | Chronicle Photos
Golden State Warriors have been very popular of late.



The Chicago Bulls and Warriors go as far back as 1995.



Whatever your dream game matchup, your no doubt winning fantasy lineup or your real team, the NBA season is here.

Women’s soccer memories

The women’s soccer season may be over, but that doesn’t mean great memories weren’t made.



Lauren Jennings | Chronicle Photos

“The game against East Bay, I scored with five minutes left, and the most memorable thing about that was my team and I fought so hard.”

- midfielder Susan Ibarra

“My favorite moment was playing at the StubHub Center against Dominguez Hills and getting the well-needed win for our team.”

- midfielder Megan Todd





Yera Nanan | Chronicle Photos

The college breakfast

By YERA NANAN
Staff Writer

Nothing is more satisfying than a nutritious meal before tackling the day.

When dealing with strenuous classes, making it to places on time and extra-curricular activities— college students may find that making time for breakfast can be difficult.

Even if a student decides to have something for breakfast in the morning, it's more than likely something with little to no nutritional value.

"Things like Pop-Tarts that will have genetically modified ingredients, synthetic sugars and all the things that cause inflammation in the body," said Licensed Nutritionist Lisa Fiore.

Breakfast foods like Pop-Tarts, sugary cereals and other pre-packaged market goods are toxic to the immune system in the human body.

"Everybody contains good bacteria or probiotics that make up 85 percent of the immune system and work within the digestive system to break down different foods," stated Fiore.

Having one Pop-Tart in the morning or a bowl cereal before class one day won't hurt your body. It's an accumulation of these foods over time that will harm the body.

"A genetically modified organism or GMO, is when the DNA is taken from one species and is combined with the DNA of another species in ways not intended by nature," added Fiore.

The closer the food is to its natural form, the better it is for

your body. Anything unnatural will be toxic.

Berries, coconut butter, and raw whole fat milk are very nutritious to consume in the morning. Regular store bought milk, butter and non-organic fruit are not good for you.

"Coconut butter has natural sugar and fat that feeds the body and doesn't make you sick," said Fiore.

"If you have fresh fruit, the natural sugars in it are what feed the body which is why raw whole fat milk is also good, it's not pasteurized," continued Fiore.

Natural and organic foods will feed the cells in our body which will keep the body healthy and functioning which is needed before classes in the morning.

"All these boxed cereals are not healthy since they create problems for the body and they're going to make you sick," said Fiore.

Many students decide to down a bowl a cereal to start their day off, but there are better alternatives.

"If someone wants cereal they should eat organic steel cut oatmeal," continued Fiore. Organic steel cut oats take roughly 15 minutes to make and the benefits of eating them for breakfast are plentiful.

Adding berries to the oatmeal brings a handful of antioxidants to the body while oatmeal itself is known to lower cholesterol.

Honey and sugar should not be added to oatmeal or any food in general since they contain a lot of unhealthy fructose and genetically modified organisms.

Taking care of the animals that produce the eggs, cheese, and milk we may consume in the morning is important as well.

When cows or chickens are fed unnatural things, the milk and eggs they produce are not natural. If we want to consume the animal we are also at risk of consuming toxins.

Though most supermarkets sell these types of foods and products there are convenient and affordable stores to purchase organic and natural products.

"Sprouts, Clarks, Whole Foods and even Smart and Final's are getting non-GMO foods," said Fiore.

"If you start to eat nutrient-rich foods and eat at a cellular level, you'll begin to eat less," added Fiore.

Consuming breakfast or items from McDonald's or Jack-In-The-Box over time will actually cause you to eat more and eat unhealthy.

Student Tanner Christian, who is a local DJ and event promoter, is always busy and has to have the energy to handle his business.

"I eat breakfast every single day, whether eggs, chicken and spinach which is all healthy," said Tanner.

"I started eating healthier in general and started to lose weight and I could see a positive difference in my body from eating a healthy breakfast," continued Tanner.

One quick and easy recipe that is great to consume in...

Continued online @
Coyotechronicle.net

CrossFit connoisseurs: Gamez & Roppolo

By JASMINE PEREZ
Staff Writer

The exercise phenomenon of CrossFit is rapidly growing in the fitness world, increasing the number of passionate members. In 2000, Greg Glassman founded CrossFit in Santa Cruz, CA. The exercise regimen started specifically to increase the intensity of workouts in hopes to improve fitness and health.

Crossfit now has more than 13,000 gyms opened worldwide.

Student, Donny Roppolo, is a member of Axiom CrossFit gym in Rancho Cucamonga.

"I really enjoy this gym because of the excellent quality of coaches," said Roppolo.

"CrossFit tends to get a bad reputation for teaching improper technique, but Axiom provides a meticulous level of coaching that is so beneficial to your health and



Photo courtesy of April Gamez



Photo courtesy of Donny Roppolo

safety while performing the vast array of movements," continued Roppolo.

The types of movements and workouts included in CrossFit are weightlifting, powerlifting, rowing, calisthenics, some aspects of gymnastics and various other types of exercises. Roppolo, at first, was not sure whether CrossFit was something for him.

"I thought I wouldn't be able to keep up with the incredible athletes that I see CrossFit gym produce," said Roppolo.

He later realized that anyone could do CrossFit if they really wanted to.

"Once I attended I realized that the people there were a huge mix of old, young, big, small, fast, slow people all completing the daily workout in different ways," commented Roppolo.

Continued online @
Coyotechronicle.net

Run Like a Mother 5K races to aid those in need



Gregory Gammill | Chronicle Photos

The first annual Run Like a Mother 5k, take off from the races starting line between the SMSU and the Commons. Over 200 runners participated to support Soul Food for Your Baby and the Time for Change Foundation.

By **GREGORY GAMMILL**
Staff Writer

The first annual Run Like a Mother 5K took place this past weekend on Nov. 5 to assist women and children of color raise money and support for two non-profit organizations in our community.

Over the weekend, more than 200 participants showed up with their running shoes on, ready to run to make a difference in the lives of others.

The participants this past weekend came together as one and raised over \$1500 which will be divided equally between the two organizations. Our own Health Science and Human Ecology (HSCI) department and Eta Sigma Gamma (ESG) soror-

ity put together this 5k to benefit Soul Food for Your Baby and the Time For Change Foundation (TFC).

Soul Food for Your Baby's mission is to revive breastfeeding among African American women through their change, culturally competent media, community outreach and education.

TFC is an organization whose mission, since 2002, is to empower disenfranchised homeless individuals and low-income families; continuing their evidence-based programs, providing housing to build self-sufficiency and thriving communities.

The students from ESG and HSCI 404 contributed to the overall planning and implementing the guidelines of the event to benefit the individuals for the 5k.

Dr. Nicole Henley and Dr. Angie Denisse Otiniano Verissimo of our HSCI department were the two individuals who orchestrated this race to help with raising money and awareness for the families and people involved. "We are sponsoring this event to raise funds for two very important non-profit organizations in our community who are doing great work for women of color and children," said Dr. Henley.

"The day of the event we had about four volunteers from Upward Bound and about 10 from CSUSB Outdoors that came out to support the race," said Dr. Verissimo.

Both of these organizations seek change in a broken community that will benefit from this charitable run as they try to make San Bernardino a better place for

families to grow and live.

The foundation goes through 12 evidence-based programs that will help contribute to their client's overall progression toward self-sufficiency when they are faced with the challenge of living on their own.

"I can say that we have helped over 900 homeless women and child to reach that self-sufficiency," said Perez.

"You can call our offices at (909) 886-2994 or visit our website at www.Timeforchangefoundation.org, if you want to get involved with a good cause," said Perez.

The success of this years event will be continued each fall quarter to raise awareness and money for those individuals and families who are seeking help.



First place finisher Juan Mejia, second place finisher Johnny Munoz and the third place finisher at the finish line.



Runners are excited to compete against one another and get some exercise all while helping a good cause.